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IS IT FINALLY TIME FOR A CANADIAN COUP IN TENNIS?

STAR OF SWEDISH SWEEP SAYS THERE'S A CHANCE AFTER FIRST-EVER ALL-CANADIAN MENS' FINAL PAGE 24

Could medical tourism bring about an end to equal care?

Head of nurses' association fears legal challenge from wealthy patients PAGE 3

Animosity on screen but adoration on the set

Helen Mirren on acting alongside legend Om Puri PAGE 16

Ceasefire holds hope for lasting peace talks

Israel and Hamas agree to 72-hour truce starting Tuesday morning PAGE 12

Date-rape drug detector aims to keep drinks safe

Pocket-sized defence. Next up is a Yelp-style app to map out 'high incidence locations'

Dip before you sip. That may be one answer to fighting sex crime while out at the bar, according to the makers of a new pocket-sized date-rape drug detector.

Called pd.id, or "Personal Drink ID," the prototype device is roughly the size and shape of a USB drive. It can be dipped into a beverage and, within seconds, return a verdict on the presence of common date-rape drugs.

The prototype is the brainchild of David Wilson, a Toronto-area native who came up with the idea while developing cancer-scanning technology for hospitals.

"Because of the work I had been doing in breast imaging and things like that, a lot of women would be more candid with me with what was going on in their lives," Wilson said from his Oakville home. "I started getting a lot of a stories saying: 'Hey, this happened to me.'"

This, of course, refers to a case of "dosing," or a drug-induced sexual assault.

It's a category of sex crime prominent in police media campaigns, but little data is publicly available on the number of cases that get reported.

The pd.id device purports to work by running three kinds of tests simultaneously, studying ultraviolet light, temperature and electrical current responses.

The pd.id device CONTRIBUTED

Wilson said pd.id, in combination with a smartphone, will be able to tell users exactly what their drink has been spiked with and can even call the user's phone with a recorded message, giving a potential victim an opportunity to get out of the situation.

While the prototype remains in the testing stage until a planned rollout next spring, the company is also building the architecture for a user-generated database that will stay up to date on positive tests in a user's area.

Think of it as Yelp or Urbanspoon for assault hotspots.

"If there's been a lot of positives at that bar, effectively the app will warn you that this is a high-incidence location," Wilson said.

The app is expected to roll out some 30 days after the hardware launch, Wilson said, but critics already have mixed feelings about its legal implications.

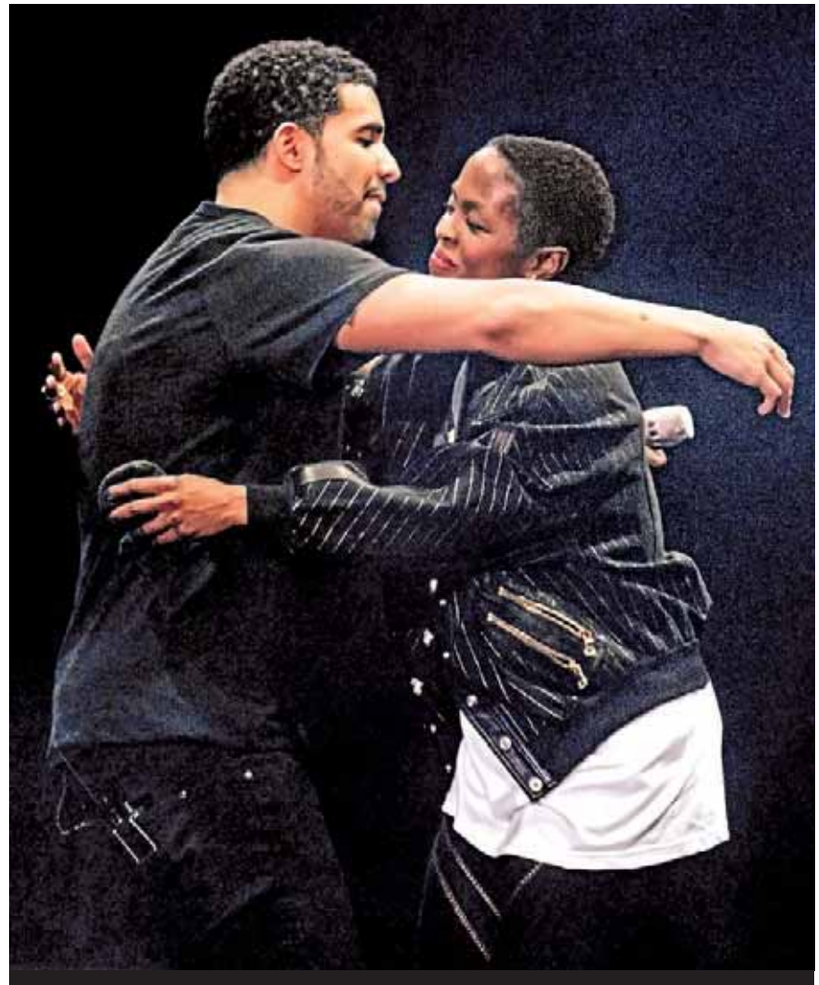
"If we're really serious about what we're doing, we've got to step outside our own comfort zone," he contended. "And what is so different from what I'm doing and ... a restaurant review? If the French fries suck and the food is cold and you publish that and they lose business? That's their problem."

TORSTAR NEWS SERVICE

Money raised

$18K

By Monday afternoon, an Indiegogo funding drive, which ends Aug. 29, had raised nearly $18,000 of its $100,000 target.



GOIN' IN FOR THE HILL

Drake hugs Lauryn Hill after her set before headlining Day 2 of his fifth annual OVO Fest at the Molson Canadian Amphitheatre on Monday. Drizzy's special guest Hill was rumoured to be a replacement for Drake rival Chris Brown, who could not get into Canada. Drake recently confirmed that work on his fourth album, Views From The 6, won't be completed until after he returns from his 31-city co-headlining tour with Lil Wayne. TOM PANDI/FOR METRO

‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

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OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

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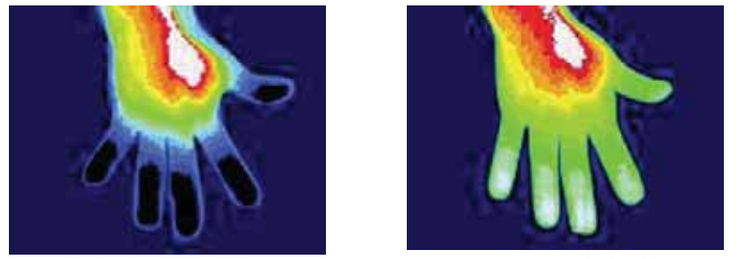
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

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Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

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$3 a ride? Ha!

No joke, hipsters are paying $1,600 to ride the TTC

With the return of mid-century style, the TTC is doing a brisk business renting out its postwar streetcars to private parties of rail enthusiasts.

For some, the turquoise interiors, glass fixtures, period advertising and purple vinyl seats evoke the romance of rail travel — whether real or imagined — circa 1951.

But the 19-ton, red-and-cream steel relics of a bygone Toronto aren't the only cars the company leases for private charters.

Starting at $1,600, customers can have the run of the rails in a modern streetcar anywhere along the city's 82 kilometres of track. TORSTAR NEWS SERVICE

Veld concert

SIU investigating death of man, 22, handcuffed by cops

The Special Investigations Unit is looking into the case of a 22-year-old man who died after being restrained by a Toronto police officer.

The SIU says the officer was on duty at the Veld concert in Downsview Park Sunday when he saw two people carrying a man.

Investigators say the officer called for an ambulance and while paramedics tended to the man he became violent and had to be handcuffed.

The SIU says the officer removed the handcuffs while the man was being treated in the ambulance, but he was pronounced dead on the way to the hospital. THE CANADIAN PRESS

Good to see Kobayashi is not the type to gloat...

Takeru Kobayashi shows of his full belly after defending his pizza-eating title at "Let Them Eat 5" during Kempenfest on the waterfront in Barrie on Monday. Kobayashi easily out-scarfed the competition, throwing back 62 slices of pizza, (15 and a half 12-inch pizzas that weighed about half a kilo each). The professional "eater" from Japan holds several records, including six Guinness Records, for eating hotdogs, meatballs, Twinkies, hamburgers, pizza and pasta. Last year Kobayashi won "Let 'em Eat" contest, Canada's biggest pizza-eating event, for the fourth year in a row. He also once put back 110 hot dogs in 10 minutes. TORSTAR NEWS SERVICE

Time to pull the plug on medical tourism?

Risky business. Allowing wealthy patients from abroad to pay for health care leaves Ontario open to court challenge: RNA

If the province doesn't order hospitals to stop practising medical tourism, it risks a court challenge over the right to pay out-of-pocket for health care, the head of the Registered Nurses' Association of Ontario warns.

"If you seek out people from other countries to pay for health care here, you are inviting a lawsuit from someone in Canada who wants to pay," Doris Grinspun charged.

Among Ontario hospitals that treat patients from abroad are Sunnybrook Health Sciences Centre and the University Health Network.

Medical tourism is a threat to medicare because it creates a double standard that could see well-heeled Canadians demand to pay out-of-pocket to jump the queue and get quick treatment, Grinspun charged.

Ontario could find itself in a similar position to that of British Columbia, which is headed to court this fall, she said. The western province is facing a legal challenge over patient access to private surgery centres.

Not only would Ontario be stuck with big legal bills if there is a court challenge here, put patients would end up with a weakened health system because resources would be drawn away to treat international patients, Grinspun said. TORSTAR NEWS SERVICE

Quoted

"Ontario patients should have full confidence that their hospitals have their care as their very top priority."
Health Minister Eric Hoskins

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Playing tunes, paying tuition

The Sidewalk Crusaders. Young buskers raising cash for school with jazzy pop renditions

ALEKSANDRA SAGAN
toronto@metronews.ca

They could be working McJobs, but the seven young men busking as The Sidewalk Crusaders chose to put their music education to practical use instead.

"It's a good job for us," said Peter Cavanagh, who started the band in December 2012, though its seven current members started playing together in May 2013. "We get to practise our instruments ... and get exposure as a band."

Cavanagh, 23, graduated from York University with a bachelor of fine arts in music and is now saving money for a masters degree. Five of his six younger bandmates are all either studying music or have recently graduated from a fine arts program.

They see the band as a means to not only play music, but also pay for their education.

On Sunday, a large crowd gathered outside the Eaton Centre as the band started their set with jazzy renditions of pop songs, including Macklemore & Ryan Lewis' Thrift Shop and Carly Rae Jepsen's Call Me Maybe. Some numbers include choreography with the band dancing in unison while holding their instruments.

People quickly opened their wallets, dropping coins and even some bills into a bag labelled 'tuition fund.'

"We make quite a bit, like, enough to put a good dent in our tuition," said Cavanagh, explaining the band splits their haul seven ways. For business reasons, Cavanagh declined to say how much the band earns per summer.

They busk four days a week for eight hours a day near major Toronto intersections during the summer. Usually, they also have one paid gig a week at a wedding or corporate event. They slow down in the fall once school starts and the weather gets colder.

The Sidewalk Crusaders perform Sunday near the Eaton Centre. Peter Cavanagh (green hat, white shirt) says the band makes enough to put a good dent in their tuition. ALEKSANDRA SAGAN/FOR METRO

"It's definitely a full-time job," said trombone player Nick Marshall, 19, who just finished his first year studying contemporary music at Humber College.

Passersby seemed to like what they heard, and at one point Cavanagh gently reminded the growing crowd not to block the mall's entrance.

The band, whose members all hold busking permits, rarely runs into trouble during performances. However, Cavanagh says business owners sometimes ask them to turn down the volume, especially if they're playing near corporate offices.

Generally though, they catch at least a smile on a passerby's face and are happy their music can inject happiness into a stranger's day.

"That's just like the best feeling," said drummer Stuart Mein.

Sidewalk shows

The Sidewalk Crusaders can be found playing into October around the downtown core. They will also be performing at this year's BuskerFest August 21-24.

Triplets will be rivals in shrinking job market

Triplets Nisreen, in peach blouse, Nirvana, in black blouse, and Nourhan, in blue blouse, have all graduated simultaneously from the same U of T teaching program. CHRIS SO/TORSTAR NEWS SERVICE

The Grade 9s at Glenforest Secondary School would cheer when student teacher Miss Zaazou, a pint-sized math whiz with a 100-watt smile, let them use their smartphones for math games to review what they've learned.

It was also Miss Zaazou, a calculus crackerjack, who helped the Mississauga students prep for the Grade 9 EQAO math test.

And there was Miss Zaazou again, a budding painter with a taste for psychology, this time teaching the Grade 11s about world religions.

But they were all different people.

There have actually been three lively, math-savvy "Miss Zaazous" training to be teachers at the University of Toronto's Mississauga campus — all born of the same Egyptian parents 22 years ago, minutes apart, and each posted at Glenforest during their program.

Now graduates Nisreen, Nourhan and Nirvana Zaazou are triplets keen to be teachers — despite a grim job market where more than one in three rookies can't find work.

If the job hunt for new teachers is scary, this family faces a triple threat. Yet the sisters say they have their eyes wide open.

"Some people say it takes about eight years to get a full-time job at a public school — but we're patient, because it's what we all really want to do," said Nisreen, who graduated in June with her sisters from the concurrent education program.

For now, like most of their fellow teaching grads, the three will keep checking the school board website for postings and apply to private schools and maybe, in Nourhan's case, ponder teaching English abroad. Nisreen has a part-time job as a teaching assistant for first-year calculus at U of T's Mississauga campus. TORSTAR NEWS SERVICE

Cut in half

There are so few teaching jobs now that Ontario has decided to cut its teacher production in half. As of September 2015, the province's 13 faculties of education will take in a total of 4,500 students, half the usual number.

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Mom accused of killing toddler

Oregon. Accused's estranged husband says teen daughter had left worrisome messages

A Washington state woman going through a divorce and custody battle is accused of killing her two-year-old daughter and severely cutting her teenage daughter at a popular inn on the northern Oregon coast, a crime that has shocked tourists and residents.

Jessica Smith, 40, was in custody Monday on murder and other charges.

Authorities began looking for her Friday after a housekeeper at the Surfsand Resort in Cannon Beach found the body of Smith's two-year-old daughter in a room. The other daughter, age 13, was badly cut and taken to a Portland hospital for surgery, police said. She's expected to recover. On Sunday, a U.S. coast guard helicopter spotted an SUV driven by Smith in the woods east of Cannon Beach, and authorities soon took her into custody.

Charges

Jessica Smith, 40, faces charges of aggravated murder, which could lead to the death penalty, and attempted aggravated murder.

The mother had been under a court order to turn over the children to their father Greg Smith at 5 p.m. Friday, the day the girls were found in the hotel room, The Oregonian reported.

An autopsy concluded the toddler's death was a homicide.

According to The Oregonian, Greg Smith in July received worrisome text and voice messages from Jessica Smith and from the teenage daughter. He requested that a psychologist conduct an evaluation of where the children should be placed.

THE ASSOCIATED PRESS

Accused killer Jessica Smith, 40. CANNON BEACH POLICE DEPARTMENT/THE ASSOCIATED PRESS

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Lawyer in execution case tried to cover up recantation, group alleges

A non-profit group on Monday accused the prosecutor in the case of a Texas man executed for the fire deaths of his three daughters of trying to cover up a jailhouse informant's recantation.

The New York-based Innocence Project, which investigates potential wrongful convictions, said it had filed a state bar grievance against John H. Jackson, a former prosecutor and judge who oversaw the case against Cameron Todd Willingham. Willingham was executed in 2004 for killing his three daughters in a house fire in Corsicana. The project has long pursued Willingham's case for evidence suggesting that Texas wrongfully executed him. State officials have maintained that they still believe he was guilty of murder.

A key witness in the case was inmate Johnny Webb, who testified that while in jail awaiting trial, Willingham confessed to Webb that he had killed the girls. In its latest grievance filing, dated July 25, the Innocence Project reiterated allegations that Jackson lied about getting Webb a lighter sentence on a robbery case. It also accuses Jackson and a local wealthy rancher in Corsicana of working to conceal Webb's change of heart, which occurred years before Willingham's execution.

THE ASSOCIATED PRESS

Mali

Experts leave site of Air Algerie crash

An official says international experts have wrapped up their investigation into the Air Algerie crash in northern Mali.

French authorities say bad weather was likely at the crash's origin, but do not exclude other possible causes. Experts are analyzing the black boxes of the MD-83. THE ASSOCIATED PRESS

Bangladesh. 44 survive after ferry capsizes but hundreds may be dead

A passenger ferry carrying hundreds of people capsized Monday in central Bangladesh, killing at least two people and probably many more as horrified villagers watched from the shore, authorities said.

It was unclear exactly how many people were on board the M.V. Pinak because ferry operators in Bangladesh rarely maintain passenger lists. Local media said there were about 250 passengers, but the figure could not be immediately confirmed. Azizul Haque, who was among at least 44 people who survived by swimming to shore, said he jumped overboard when it became clear the ferry was going down.

THE ASSOCIATED PRESS

This photo shows rescue workers on Monday at the epicentre of an earthquake that struck the town of Longtoushan in Ludian county, located in China's Yunnan province. THE ASSOCIATED PRESS

Quake leaves trail of devastation in Chinese county

Yunnan province.
At least 398 have died, over 1,800 are injured in impoverished Ludian county

Rescuers found scores of survivors on Monday as they dug through homes shattered by an earthquake of magnitude 6.1 in southern China that killed at least 398 people and injured more than 1,800. Rainstorms were expected to continue to hinder rescue efforts over the coming days.

About 12,000 homes collapsed when the quake struck Sunday afternoon in impoverished Ludian county, around 370 kilometres northeast of Yunnan province's capital, Kunming, the official Xinhua News Agency reported.

Rescuers digging in the debris by hand freed a five-year-old boy whose legs were injured, Xinhua reported. It also said firefighters rescued 32 people who had been trapped but had retrieved the bodies of 43 residents. Medics were reporting severe shortages of medicine and an inability to perform operations on the severely injured, while rescuers said their work had been hampered by continuous downpours and quake-triggered landslides, according to Xinhua.

Overhead footage of the quake zone shot by state broadcaster CCTV showed older houses flattened but newer multi-storey buildings still standing.

The quake struck at 4:30 p.m. on Sunday at a depth of 10 kilometres, according to the U.S. Geological Survey. China's earthquake monitoring agency put the magnitude at 6.5.

The central government has allocated 600 million yuan ($97 million) for rescue and relief work after the quake, the Finance Ministry said.

The national meteorological centre said the area near the centre of the quake would suffer thundershowers over the next three days.

THE ASSOCIATED PRESS

U.S. aid workers infected with Ebola virus see improvement

Two American aid workers infected with Ebola are getting an experimental drug so novel it has never been tested for safety in humans and was only identified as a potential treatment earlier this year, thanks to a long-standing research program run jointly by the U.S. government and the military.

The workers, Nancy Writebol and Dr. Kent Brantly, are improving, although it's impossible to know whether the treatment is the reason or if they are recovering on their own. Brantly is being treated at a special isolation unit at Atlanta's Emory University Hospital, and Writebol was expected to be flown there Tuesday.

Both were infected while working in Liberia, one of four West African nations dealing with the world's largest Ebola outbreak. On Monday, the World Health Organization said the death toll had increased from 729 to 887 deaths in Guinea, Sierra Leone, Liberia and Nigeria, and that more than 1,600 people have been infected.

Nancy Writebol's son, Jeremy, holds a photograph of his mother and father on Sunday. Nancy is one of two U.S. aid workers infected with the Ebola virus.
ORLIN WAGNER/THE ASSOCIATED PRESS

The experimental treatment the U.S. aid workers are getting is called ZMapp and is made by Mapp Biopharmaceutical Inc. of San Diego. In a statement, the company said it was working with LeafBio of San Diego, Defyrus Inc. of Toronto, the U.S. government and the Public Health Agency of Canada on development of the drug, which was identified as a possible treatment in January.

In a worrisome development, the Nigerian Health Minister said a doctor who treated Patrick Sawyer, the Liberian-American who died July 25 days after arriving in Nigeria, has been confirmed to have the disease. Tests are pending for three other people who also treated Sawyer and are showing symptoms. THE ASSOCIATED PRESS

Transmission of Ebola

The disease is not airborne, and only transmitted through contact with bodily fluids such as saliva, blood, vomit, sweat or feces.

- Doctors and other health workers on the front lines of the Ebola crisis have been among the most vulnerable to infection as they are in direct physical contact with patients.

Grand Canyon

Authorities investigate video

Authorities are looking into a viral Internet video that shows a man kicking a squirrel off what appears to be the edge of the Grand Canyon.

Park spokeswoman Kirby-Lynn Shedlowski said Monday that chances of finding the man are slim.

She couldn't say whether the video was a hoax. The video shows a shirtless man wearing a cowboy hat leaving a trail of food, putting on one of his shoes and then kicking the squirrel into the air. THE ASSOCIATED PRESS

Smoky Lake County

Hunter recovering after bear attack

A hunter is recovering in hospital after being mauled by a bear he shot outside of Edmonton.

The 60-year-old man had been hunting for black bears on private property in the Smoky Lake County area, roughly 130 kilometres northeast of Edmonton. According to Alberta Fish and Wildlife officers, the man had permission from the land's owner to hunt on the property, when he spotted and shot a 250-pound male black bear.

LEAH GERMAIN/METRO IN EDMONTON

Cat stuck in bird feeder

Man thwarting efforts to save cat

Searchers who have been trying to rescue a cat with a bird feeder stuck on its head in Brandon, Man., say their efforts to trap the hapless animal are being sabotaged. The Brandon and Area Lost Animals group set traps baited with cat food, tuna and sardines, but they say a man in the neighbourhood has shined lights, clapped his hands and used other techniques to scare Butterscotch away. They say their traps have been found and purposely damaged. THE CANADIAN PRESS

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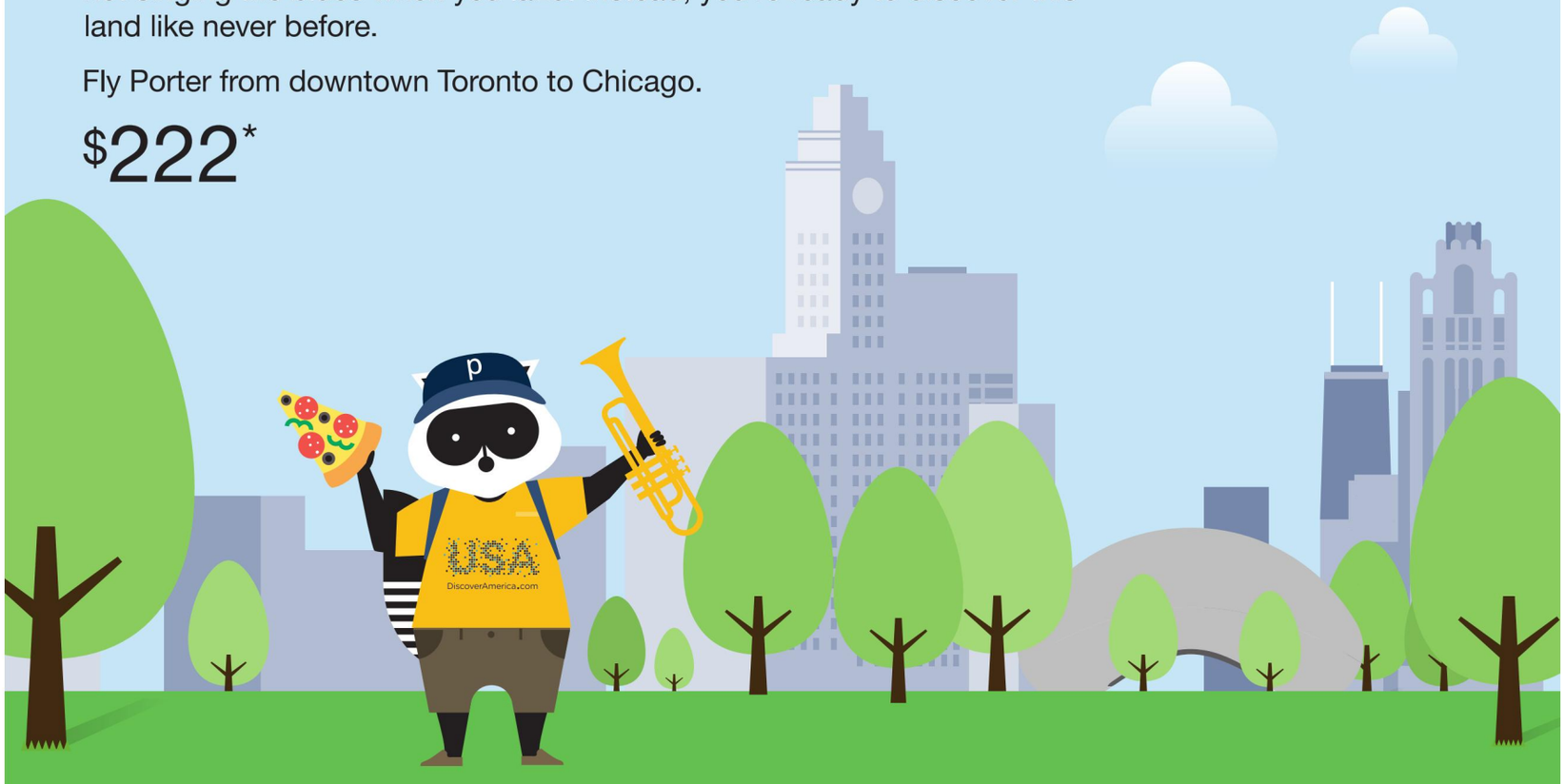

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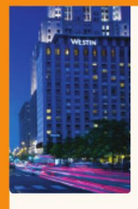

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Reconciliation at the heart of European leaders' gathering

Peace. Old enemies come together to remember the 14 million who lost their lives in the First World War

Former enemies united Monday to commemorate the 100th anniversary of the start of the First World War, with Belgium, France, Britain and Germany standing together in the spirit of reconciliation.

Belgian King Philippe and Queen Mathilde welcomed German President Joachim Gauck under cloudy skies for the late-morning ceremony at the Cointe allied memorial amid pomp and military honour. During the ceremonies, the former enemies sat united, listening and applauding each other's speeches.

Germany invaded neutral Belgium on Aug. 4, 1914, as part of a planned attack on France. By nightfall, Britain had joined the war.

The war wasn't expected to last long. But instead of weeks, the continent was plunged into conflict for over four years, leading to millions of lost lives.

The conflict lasted over four years, ending on Nov. 11, 1914.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with your Metro News App to view a gallery of the many 2014 celebrations commemorating the 100th anniversary of the beginning of the First World War from around the world.

→ See the full instructions on Metro's Voices page.

The National War Memorial in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

Stephen Harper

Courage personified

Prime Minister Stephen Harper marked the 100th anniversary of the start of the First World War.

The successes of Canadian soldiers on battlefields including Ypres, Vimy and Passchendaele spurred a sense of national pride and belief Canada could stand on its own.

"What it means to live mired in muck and disease, to fight through mud deep enough to drown a man, to lose thousands of lives in a single day, to gain what could be measured in yards ... these things elude us still. We can only imagine their fear, their courage," Harper said.

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[1] TD Canada Trust received the highest numerical score among the big five retail banks in the proprietary J.D. Power 2006-2014 Canadian Retail Banking Customer Satisfaction Studies[SM]. 2014 study based on 17,183 total responses and measures opinions of consumers with their primary banking institution. Proprietary study results are based on experiences and perceptions of consumers surveyed May-June 2014. Your experiences may vary. Visit jdpower.com. [2] Ipsos Best Banking Awards are based on quarterly Customer Service Index (CSI) survey results, with an annual sample size of approximately 45,000 completed questionnaires yielding around 69,000 financial institution ratings nationally. All trade-marks are the property of their respective owners. ™ Trusted Brand is a trade-mark of Reader's Digest Association Canada ULC. ®The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

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Basic supplies running low in east Ukraine city

'Nightmare situation.' Conditions in Luhansk city described as more unsustainable by the day as Ukraine-Russia conflict continues

Residents say the eastern Ukrainian city of Luhansk is dying, with the power grid completely down and supplies and fuel running low.

Store shelves are emptying fast, and those who haven't managed to flee must drink untreated tap water.

In an impassioned statement, Mayor Sergei Kravchenko described a situation that is becoming more unsustainable by the day.

A woman walks by a damaged school in Ukraine's Luhansk region. DMITRY LOVETSKY/THE ASSOCIATED PRESS

"As a result of the blockade and ceaseless rocket attacks, the city is on the verge of a humanitarian catastrophe," Kravchenko said. "Citizens are dying on the streets.... Every new day brings only death and destruction."

Those choosing to stay behind to assist people in need are facing a desperate plight.

"Doctors can do nothing but cry. Every day, wounded people come in and we can't help them. We lack even basic medicines," said Fyodor Solyanik, a doctor in the Luhansk regional hospital.

Solyanik said patients due for long-planned operations are being sent home.

"This is a nightmare situation," he said. "It's not just medicine we don't have. We don't even have food and water."

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Debate turns physical in Turkish parliament

Legislators from Prime Minister Recep Tayyip Erdogan's party and the opposition Nationalist Action Party brawl inside parliament in Ankara, Turkey, on Monday. The two sides debated whether Turkey should open an inquiry into Islamic militants joining the fighting in Iraq and Syria using the Ankara. The fist fight injured three legislators and forced the speaker to adjourn debate for the day. THE ASSOCIATED PRESS

Turk women miss punchline

Women's rights activists and legislators have filed a legal complaint against Turkey's deputy prime minister who said last week that women should not laugh aloud in public.

Legislator Aylin Nazliaka said the complaint was filed with court officials in Istanbul on Monday, accusing Deputy Prime Minister Bulent Arinc of violating charters on gender discrimination and allowing women to become "targets" of possible violence.

The complaint is not expected to lead to legal action, but Nazliaka said women have sent the message that Arinc's comments are not acceptable.

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Israel, Hamas accept ceasefire

72-hour truce. Agreement on Egyptian proposal could signal end to month-long war

Sabreen el-Tartour, of the Palestinian Center for Human Rights, walks through a devastated area in Gaza City on Saturday. From the first day of Israel-Hamas fighting on July 8, human rights groups operating in Gaza have been collecting detailed information about the aftermath of a reported 4,600 or more Israeli strikes to lay the groundwork for future legal proceedings. DUSAN VRANIC/THE ASSOCIATED PRESS

Israel and Hamas on Monday accepted an Egyptian ceasefire proposal meant to halt a bruising month-long war that has claimed nearly 2,000 lives, signalling an end to the bloodiest round of fighting between the bitter enemies could finally be approaching.

After weeks of behind-the-scenes diplomacy, Israel and Hamas both announced late Monday that they had accepted the proposal for a preliminary 72-hour truce, beginning at 8 a.m. local time (1 a.m. EDT) Tuesday. Egypt was then set to host indirect talks to work out a long-term truce over the next three days.

"At 8 a.m. local time tomorrow a ceasefire starts and Israel will cease all military operations against terrorist targets in the Gaza Strip," said Israeli government spokesman Mark Regev. "Israel will honour the ceasefire and will be watching to see if Hamas does, too."

A delegation of Palestinian officials from various factions, including Hamas, has been negotiating with Egypt in recent days. Hamas spokesman Fawzi Barhoum said the group had accepted the plan.

"It's clear now that the interest of all parties is to have a ceasefire," said Bassam Salhi, a member of the Palestinian delegation. "It's going to be tough negotiations because Israel has demands, too."

The war broke out on July 8 when Israel launched an air campaign in response to heavy rocket fire out of Hamas-controlled Gaza. Israel expanded the operation by sending in ground forces on July 17 in what it described as a mission to destroy a network of tunnels used by Hamas militants to stage attacks. The army said it is close to destroying the last of the tunnels.

Several previous ceasefires have collapsed, including a similar plan for a 72-hour truce that broke down last Friday in heavy fighting. Both sides blamed each other.

THE ASSOCIATED PRESS

War crimes

Will allegations stick this time?

In a replay of the last major Gaza conflict, human rights defenders are again accusing Israel and Hamas of violating the rules of war, pointing to what they say appear to be indiscriminate or deliberate attacks on civilians.

In 2009, such war crimes allegations levelled by UN investigators — and denied by both sides at the time — never came close to reaching the International Criminal Court.

Some Palestinians hope the outcome will be different this time, in part because President Mahmoud Abbas, as head of a UN-recognized state of Palestine, has since earned the right to turn directly to the court.

THE ASSOCIATED PRESS

Sweden battles 'worst in history' forest fire

A helicopter dumps its load of water on a wildfire just outside the evacuated village of Gammelby near Sala, Sweden, Monday. The fire is in its fifth day and firefighters believe it will burn for weeks or even months. It's classified as the worst forest fire in Sweden's modern history. FREDRIK SANDBERG/TT NEWS AGENCY/THE ASSOCIATED PRESS

American jailed in Cuba bids his family goodbye

Secret mission. Alan Gross was arrested in 2009 while working covertly to set up Internet access in Cuba

A lawyer for an American who has spent four years imprisoned in Cuba said Monday that his client cannot take life in prison much longer and has said his goodbyes to his wife and a daughter.

Alan Gross' attorney, Scott Gilbert, said in a statement Monday that his client "has withdrawn" and told him "life in prison is not a life worth living." Gross has previously said through his lawyer that his 65th birthday, in May, would be the last one that he "celebrates in Havana, one way or the other."

Gross said goodbye to his wife and youngest daughter during a visit in July. Gross, who lived in Maryland before his arrest, had previously told his two daughters not to come see him in prison.

Now, Gross has stopped exercising and his health is not good, said Gilbert. His hips are failing and he has lost most of the vision in his right eye. Gross' "emotional deterioration has been severe," Gilbert said, particularly following the death in June of his 92-year-old mother.

The statement from Gross' lawyer came as an Associated Press investigation found the Obama administration deployed young people to the island to stir political dissent under the guise of civic and health programs, putting those foreigners in danger.

THE ASSOCIATED PRESS

Cuban mission

At the time he was arrested, Alan Gross was working as a subcontractor for the U.S. government's U.S. Agency for International Development, which promotes democracy in Cuba.

- Gross had travelled repeatedly to Cuba on a mission to expand Internet access using sensitive technology typically available only to governments, a 2012 AP investigation found.
- Cuba considers USAID's programs illegal attempts by the U.S. to undermine its government, and Gross was tried and sentenced to 15 years in prison.

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Unpaid wages, damages

LinkedIn to pay $6M in overtime

Professional networking service LinkedIn has agreed to pay nearly $6 million US in unpaid wages and damages to 359 current and former employees.

The U.S. Department of Labor said Monday that an investigation found LinkedIn in violation of federal overtime and record-keeping rules.

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Is free shipping a game-changer for retailers?

'This means war.'
Walmart fired a shot across the bow when it offered free delivery across Canada for online purchases

When Walmart Canada introduced free shipping on all online purchases last year, it was a clear message to its rivals that it was gearing up for a fight.

Craig Patterson, an analyst who runs the online news magazine Retail Insider, said the move by one of the world's largest retailers was bold, setting a new standard in going the extra mile for consumer dollars.

"It's a declaration of war, no question," he said from Vancouver.

For the last few years, retailers in Canada have been waging a battle to set themselves apart, as entrants such as U.S. giants Target and Nordstrom arrive to compete for the same customers.

While a behemoth retailer like Walmart may be able to absorb the costs of shipping, it would be a challenging task for smaller retailers to be able to offer the same without raising prices, he said.

Big retailers have the flexibility to hit back. Last month, online retailer Amazon announced that it was offering unlimited free shipping for six months to students in Canada through its Amazon Prime Program. After that, students pay half price for the annual service, which is regularly $79.99 in Canada. THE CANADIAN PRESS

True North strong and big

Retailers have long struggled with free shipping in Canada, given the size of the country and the cost of shipping quickly to remote areas.

- The compromise, it seems, is to offer free shipping on minimum purchases, which can offset some of those costs.

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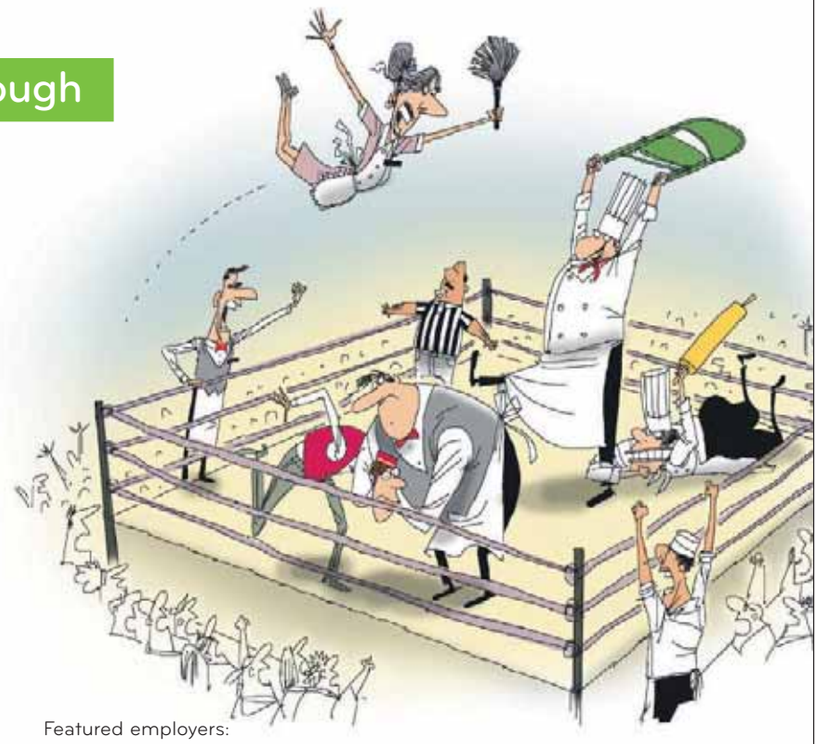

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending June 30, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

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FOR EVERYONE *EXCEPT* CARRIE BRADSHAW

SHE SAYS

Jessica Napier
metronews.ca

As much as I like to imagine myself as the Carrie Bradshaw of the North, it's actually impossible for a writer to earn a living on a once-a-week newspaper column. And so, unlike my fictional Manolo Blahnik-wearing counterpart, I actually have a "real" job.

In fact, today is my first day at a new job. After four years at my previous company I had finally learned how to use the photocopier on my own, so of course it was time for me to leave.

It's a thrilling thought, starting over in an entirely new role at a new workplace. It's a time for optimism and new beginnings. Today feels a bit like New Year's Eve and the first day of school all rolled into one. It's both incredibly exciting and horribly nerve-racking.

I'm worried about the job itself, of course, and whether or not I'll be able to meet the professional expectations of my employer. But there are also a thousand other tiny things to fret over when you disrupt your daily routine and start out somewhere unfamiliar. Where will I go for lunch? What should I wear? Will I annoy my new cubicle mates with my loud, crunchy, mid-morning snacks?

In his bestselling book The First 90 Days, Harvard University professor and leadership expert Michael D. Watkins notes, "The first three months in a new position are fraught with peril — and loaded with opportunity."

As with any adjustment period, starting a new job can be disorienting and overwhelming at first. Most of us feel compelled to prove ourselves the moment we step through the door. It's only natural to want to take action right away in order to impress our supervisors and co-workers.

But Watkins explains that new hires shouldn't be so concerned with doing things and should instead focus on listening. He recommends taking an anthropological approach and trying to learn as much as possible about the politics and culture of the organization.

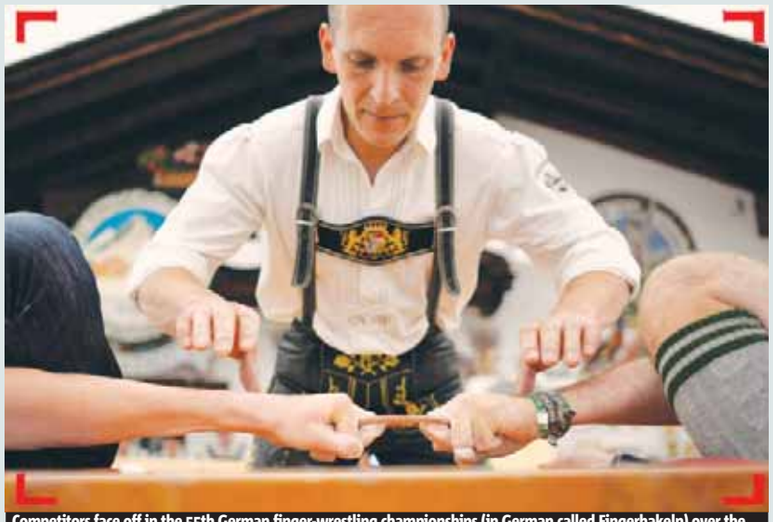
Every office comes with its own unique set of guidelines; some are mundane and unspoken, while others are more formal and codified.

As a newbie, it's your goal to familiarize yourself quickly with the rules — both the subtle and the explicit — that govern the day-to-day activities of your environment. Otherwise, finishing a pot of coffee without making a new one or hitting "Reply All" on your response to an intra-office memo could make you a workplace pariah right off the bat.

Your first days in a new job are for establishing relationships, asking a few too many questions, and learning how to navigate an unfamiliar office.

Yes, you'll probably feel a bit foolish asking a fellow grown adult where the bathroom is or what time you should eat lunch, but it's all part of the learning curve.

FINGERHAKELN



Competitors face off in the 55th German finger-wrestling championships (in German called Fingerhakeln) over the weekend in Garmisch-Partenkirchen, Germany. For more finger-pulling photos, scan this photo with your Metro News app. ALL PHOTOS PHILIPP GUELLAND/GETTY IMAGES

No, we're not pulling your finger, but these German wrestlers are pulling each other's

Hundreds of lederhosen-clad men competed in the 55th German Finger Wrestling Championships in Garmisch-Partenkirchen, southern Germany, this weekend.

In the traditional Alpine sport, two competitors matched in age and weight sit across from one another at a table and pull a small leather band with one finger until one player has pulled the other across the table.

The sport is taken very seriously in Bavaria and Austria. Wrestlers build up their finger muscles by lifting weights with one finger and doing one-fingered pull-ups.

Injuries are not uncommon at the event; competitors have been known to dislocate or break their fingers.

Finger wrestling (or Fingerhakeln in German) is thought to have originated in the 17th century as a way of settling disputes in Alpine countries.

IBTIMES.CO.UK

It's not funny

Anyone who thinks Fingerhakeln is some kind of amusing time-waster Bavarians engage in after a few too many beers at the village inn is very mistaken. Practitioners take it very seriously.

- Some wrestlers crush tennis balls with their hands; others will do pull-ups with only their middle fingers; and some have even been known to make their digits lift weights of up to 50 kilograms.

SPIEGEL.DE

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

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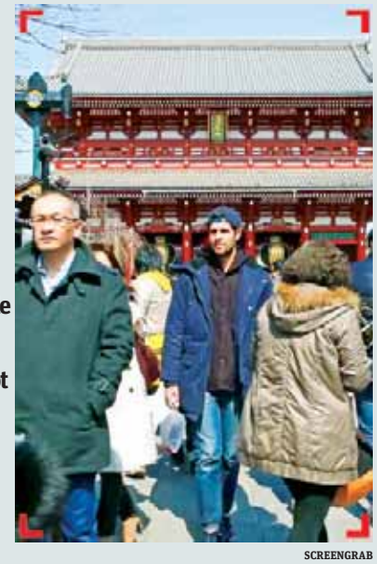
MetroTube

Canada cannot live on yule logs alone

ANDREW FIFIELD
andrew.fifield@metronews.ca

The Slow TV movement — whether it's six- day ferry rides through Norwegian fjords or a marathon knitting session — is one of the European trends we find ourselves gazing lovingly at from across the ocean ... especially since our yearly yule log obsession suggests a deep Canadian appetite for languid, determinedly ordinary programming. The French are not content with such simple things, though. In March, a French channel aired Tokyo Reverse, nine hours of a man walking backward through Japan's character-choked capital. Clearly, it's past time we demanded some action from our creators on the Slow TV front. (France 4/YouTube)



SCREENGRAB

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DVD review

Twin Peaks

Creators. Mark Frost, David Lynch

Stars. Kyle MacLachlan

Nothing's ever been simple or straightforward about Twin Peaks, the 1990s cult hit TV series (and later flop movie) that made David Lynch and co-creator Mark Frost woodland authorities on owls, coffee, damn fine pie and ritual murder in the Pacific Northwest. After dazzling viewers in its debut year, the show's second (and final) season succumbed to a surfeit of characters and a shortage of logic. Things got worse with Twin Peaks: Fire Walk With Me, the 1992 film that further muddled the central mystery of the death of high schooler Laura Palmer. This Blu-ray set goes a long way to righting wrongs. The 10 discs do more than add hi-def lustre to each TV episode and collect extras from old DVD releases, although they do all that. Best of all is what the set does for Fire Walk With Me. It adds nearly 90 minutes of deleted/alternate scenes that considerably improve the film, including adding some back story for David Bowie's crazed FBI character.

PETER HOWELL

Love thy neighbour, advises Helen Mirren

The Hundred Foot Journey. Oscar winning actress talks about her latest role in a tale of two chefs

JOEL AMOS
Metro in Hollywood

Helen Mirren plays a French restaurant owner unimpressed by her new Indian restaurant neighbour. CONTRIBUTED

If it isn't clear by now why Helen Mirren loves to work in films, then it should be.

One might think winning the Oscar would be justification, but it seems it is a little simpler than that.

"Why do you think we become actors? We get our best lines written for us," Mirren explains. "We look intelligent. We look witty and we don't really have to do anything but say the words."

Mirren is at it again in The Hundred Foot Journey, in which she plays the owner of a Michelin-starred restaurant who is less than thrilled when an Indian restaurant opens across the street to her legendary southern France bistro.

The real joy for Mirren, she insists, is finally getting to work with legendary Indian actor Om Puri, playing the Indian family's patriarch.

As famous as she is, he matches her in fame and talent in his own country, in Pakistan and in her native England.

"Om and I just naturally fell into a rhythm together. That was very easy for both of us. Because we knew of each other's work, we had enormous respect for each other," Mirren says.

His off-screen persona, it seems, was not too far off from the one he portrayed onscreen.

"He would cook Indian food for everyone and make a family feeling on the set. He created this little family who come to France. He was brilliant."

Speaking of France, Mirren apparently achieves a rather unusual lifelong goal with her role in Hundred Foot Journey — or at least one difficult to achieve, even for her.

"I'm dying to be a French actress," she says with a laugh. "I really wanted to play Madame Mallory because she's French! It was my pathetic attempt at being a French actress."

If there was any message she wants audiences to take away from the film, it's one that dates back thousands of years.

"Love thy neighbour," she says without flinching. "That's the hardest — much more difficult than do not covet thy neighbour's wife! That's easy. Love thy neighbour is difficult and it's the most important."

AUGMENTED REALITY

→ The death of good taste or a fusion of cultures? Scan this photo with your Metro News app for a video of Steven Spielberg and Oprah Winfrey sampling The Hundred Foot Journey.

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Arkells tackle power and privilege

High Noon. Alt rockers' third album gets personal and political

From left, Arkells band members Nick Dika (bass), Anthony Carone (keyboard), Max Kerman (lead vocals/guitar), Mike DeAngelis (vocals/guitar) and Tim Oxford (drums). BROOKS REYNOLDS

Arkells frontman Max Kerman and guitarist Mike DeAngelis were giddy with excitement after getting their hands on their new album on vinyl between press interviews at Toronto's Liss Gallery.

Kerman thrust it in DeAngelis's arms to hold up like a proud papa so he could capture the moment for Instagram — with hundred of fans immediately hitting "like," proving they're not the only ones excited for the release of High Noon.

The Hamilton, Ont.-based group's third studio album is out Tuesday and the band described it on their blog as their most confrontational record to date.

"One of the jobs of an artist or creative person is to ask tough questions," said Kerman. "I always really appreciate it when pop musicians dive into political matters in thoughtful ways."

Listening to the Clash while writing for High Noon inspired Kerman to insert his personal politics into his writing.

"Making songs that are saying something has always been one of the highest priorities of the band," said Kerman.

He goes on to say there is a particular focus on exploring the relationship between the privilege afforded by money and power and the responsibility that should come with it.

"Fake Money is talking to someone who has been reckless with the power they have," said Kerman of the track that opens the album, a theme also explored on the record's closing track, Systematic.

But ultimately what binds this album to the band's body of work is music that is upbeat and positive, said Kerman.

Never Thought That This Would Happen is an example. It tells the story of making out with an old friend at the Hillside Festival, held annually in Guelph, Ont. The song also chronicles the awkward aftermath of such a scenario.

"Things got weird after the weekend," said Kerman, recalling the lines of the song as DeAngelis laughs.

This song came from just one of the ideas Kerman is constantly logging in his phone.

"Ninety-five per cent of them are terrible but five per cent of them are OK, and that's how songs start," said Kerman. THE CANADIAN PRESS

How songs start

"Ninety-five per cent of them are terrible but five per cent of them are OK, and that's how songs start."

Lead singer Max Kerman said of the song ideas he is constantly logging in his phone.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

50 Shades of Orange: Lohan looking for a pal to help pen tell-all book

NED EHRBAR
Metro in Hollywood

There might be hope for the publishing industry yet, as Lindsay Lohan "held meetings at major publishing houses in London recently" to discuss a salacious tell-all book, according to the Sun. "The stories she promised the literary agents made their jaws drop. She's prepared to put everything out there, and has already proved she's not shy with the list of men she claims to have slept with," a source teases. But here's the thing: How can she be prepared to put everything out there when she's already, you know, put everything out there?

Lohan is not exactly an enigma wrapped in a mystery wrapped in a Passages Malibu sweatshirt. The real surprise of this book — should it ever actually materialize — will be what new information about her life she could possibly divulge. But hey, more power to you, Lindsay. Oh, and she's apparently got some pretty lofty goals as far as ghost writers go: "It may seem unlikely, but she thinks she's in with a shot at getting (50 Shades of Grey author) E.L. James to work on it," the source says. "Another pie in the sky idea was that she might persuade J.K. Rowling to work with her." Now that I'd pay good money to see.

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ACROSS

2. This Canadian sci-fi show airs on what channel?
5. Alison lives in this suburb close to Toronto.
7. Beth and Art Bell are both what profession?
9. Project _____.
13. Star _____ Maslany
16. Alison's musical in Season 2
17. Actress who plays Mrs. S. - Maria Doyle _____.
19. Felix Dawkins' relation to Sarah.
20. Character based on the real life science consultant friend.

DOWN

1. Sarah's daughter's name.
3. The people responsible for kidnapping and training Helena.
4. Tag Line: When did I become ___?
6. The _____ Institute.
8. The first clone Sarah sees.
10. Filmed on location in this city.
11. Tag Line: One. Of a _____.
12. Maslany was nominated for The _____ Globe Award.
14. Alison's last name – same as famous guitarist Jimi _____.
15. Don't use this word.
18. The clones all have this person watching them.

Bell Media e one entertainmentone

Replace fatty beach bites

Nutritional therapist Gabriela Peacock recommends the best foods to pack in your cooler. And no, ice cream, soda and chips are not on her list.

ROMINA MCGUINNESS
Metro World News in London

POPCORN (AIR POPPED, 1 CUP)
Total calories: 31
Total fat: 0 g

WATERMELON (BALLS, 1 CUP)
Total calories: 46
Total fat: 0 g

JALAPEÑO STUFFED GREEN OLIVES (5)
Total calories: 30
Total fat: 4 g

HUMMUS WITH PITA BREAD (1 CONTAINER)
Total calories: 225
Total fat: 13 g

ORANGE (1 LARGE, 340 g)
Total calories: 90
Total fat: 0 g

CHICKEN MAYO SANDWICH
Total calories: 329
Total fat: 11 g

COCONUT WATER (VITA COCO, 250ml)
Total calories: 45
Total fat: 0 g

ALMONDS (RAW, 10)
Total calories: 69
Total fat: 6 g

PINEAPPLE (DICED, 1 CUP)
Total calories: 74
Total fat: 0 g

TABBOULEH (1 CUP)
Total calories: 165
Total fat: 9 g

ROASTED PUMPKIN SEEDS (1 TBSP)
Total calories: 83
Total fat: 5 g

APPLE (1) & PEANUT BUTTER (2 TBSP)
Total calories: 270
Total fat: 16 g

VEGGIE AND BROWN RICE SALAD BOWL (1)
Total calories: 250
Total fat: 6 g

PLENISH CLEANSE SWEET SEXY GREEN JUICE (1)
Total calories: 23
Total fat: 0 g

CARROT AND CELERY STICKS (1 CUP)
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Total fat: 0 g

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BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Your goal should be to remove clutter. ISTOCK

Take advantage of the easier days of summer to get your house organized. A neat home will help keep the stress levels down. It's easier than you think. Best Health magazine consulted home organizing professionals for their best tips. Here are a few.

Let things marinate
When you're organizing, sort everything into five piles: "move to another room," "donate," "give to a specific person," "throw away" and, finally, the "marinating" pile. Pack up all the marinating items, and label the box with a date that's six to 12 months later. If you don't open the box before that date, you can safely discard those items.

Move forward—not backwards
Don't call a personal organizer and say you need help adding storage for all your stuff. That's just backwards. Your goal should be to remove the clutter, not create more storage space.

Find its place
Good news from the pros: Being organized doesn't mean everything is in its place; it means everything has a place. If you can get your house ready for a surprise guest in 30 minutes or less then you're organized.

Donate, donate, donate
You could sell unused items on eBay, but do you want to get organized or start a career hawking stuff? Unless you need the money, give things away to charities and at community donation centres. It saves time.

Dress up flat surfaces
Countertops and tables quickly become drop zones for clutter. If you have a dining table, for example, that is always getting covered with junk, clear it off, put a flower arrangement in the middle, and add actual place settings. That should prevent people from parking stuff there.

Make your car work for you
Anything that needs to go somewhere should be in your car, not in your house. Keep your shopping coupons there in a clear folder so they're within reach when needed. Get an errand basket for the trunk to hold items to be returned. Use crates to store kids' car toys and emergency supplies.

Don't put a lid on it
Avoid lids on laundry baskets, bins and other storage containers. They just make it that little bit harder for you to put things away.

Avoid cardboard boxes for storage
One professional we spoke with recalled a client who needed help carrying a bunch of cardboard storage boxes into her newly renovated house. As they opened the first one, out came hundreds of cockroaches. (Ew!) You name the pest; you can be assured that it loves cardboard. **FOR THE FULL ARTICLE, PICK UP THE SUMMER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA**

Nap time may not be the answer

A new study has found that lack of sleep kills brain cells. ISTOCK

Lack of sleep. While many of us take power naps, studies show they just may not be enough for a healthy lifestyle

As a new mom with a demanding career, Kristen Perullo was up every few hours during the night with her baby. But when she was struck with what she calls the "worst headache of her life" at work one day, she knew something was truly wrong.

At the ER, the news wasn't good. Perullo's immune system was so severely weakened by sleep deprivation that she had contracted viral meningitis.

Perullo is just one of 70 million Americans with a sleeping disorder. Sleep debt can cause damage that's much more severe than needing a couple extra shots of espresso in your latte. The U.S. Centers for Disease Control and Prevention recently declared Americans' lack of sleep an epidemic; it's so damaging that it can cause health problems including high blood pressure and diabetes. And while many people say that a power nap recharges them, a new study shows catching just a few Zs may not help in the long run.

Scientists at the University of Pennsylvania found that lack of sleep kills brain cells. By studying sleep deprivation in mice, researchers discovered that prolonged wakefulness damages a type of neuron known as LCns, or locus ceruleus neurons.

The study's lead author, Dr. Sigrid Veasey, says catching a few hours of sleep may feel beneficial, but it's not enough to catch up on long-term sleep debt: "Our work suggests that in the long run, regular use of weekend catch-up sleep may not lead to a full recovery for the brain. These are changes that are either irreversible or take longer than a nap to remedy."

MEGAN JOHNSON, METRO NEWS IN NYC

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Artificial blue light

Realign the body's clock

In a first-of-its-kind study, French researchers found that artificial blue light can synchronize the body clock under conditions in which natural light is scarce or unavailable.

In the study, researchers exposed crew members of Franco-Italian polar research station Concordia, located in Antarctica, to a white light and a blue light (which actually appears white to the human eye), alternating on a weekly basis for a period of nine weeks. The results not only showed increased sleep and increased motivation in the daytime during the weeks of blue light, but they also showed no disturbance in circadian rhythm. AFP

Mobile tech

Reshaping the health sector

Your smartphone is not only your friend, it's also become your personal trainer, coach, medical lab and maybe even your doctor.

"We've gotten to a point where sensors either in the phone or wearables gather information that we couldn't do in the past without going to a medical center," says Gerry Purdy, analyst at Compass Intelligence.

An analysis by the global consultancy Deloitte suggests that smart glasses, fitness bands and watches, should sell about 10 million units in 2014, generating over $3 billion and that the number of devices will hit 170 million by 2017.

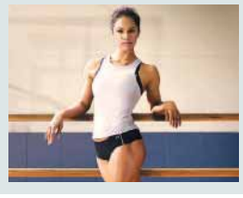
AFP

For your phone

Under Armour Women (iPad/(iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A women's social network to share fitness stories, this visually slick feed is heavy with ads and requires a tracker gadget to record details for best results.



Health Solutions

Make your summer sizzle

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With the summer weather knocking the crap out of us, no one feels like cooking. It's true that meals get much simpler and expectations lower at this time of year but burgers become boring and hot dogs can't handle real hunger so a little creativity is required.

While the grill is on, prepare some of these foods in advance for the rest of the week. Use them willy-nilly in salads and sandwiches to spice up your routine.

- Grill an extra side of salmon.
- Slice and grill thick rings of red onions.
- Bake extra potatoes to fill with cream cheese to re-bake as sides or slice into a pan to make home fries or add to broth with chives and purée into soup.
- Bake sweet potatoes and mash; warm in microwave to use in muffin mixes.
- Grill Haloumi cheese to use in sandwiches.
- Grill green onions and cut into grilled cheese for a smoky flavour.
- Make foil packets of mixed berries, add a dab of butter and cinnamon, use to top yogurt or ice cream.
- Buy pepper on sale and grill then freeze for use all winter or cover with extra virgin olive oil and vinegar for antipasto platters.

There is a sense of comfort that comes from knowing you have the key part of any meal at the ready when all you want to do is sit in the shade with a cold glass and let the breeze remind you how wonderful Canadian summers can be.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

You're 20 minutes and four ingredients away from dinner

Georgian Bay Salmon. This is one fish you can't go wrong with thanks to its simple-to-enhance flavour

I am pretty sure you can make this salmon on any barbecue anywhere in the world, but I had it made for me by a friend on the most glorious day on Georgian Bay, Ont. Funny how food can imprint a memory on your tongue and heart just as music can on your soul.

This recipe takes two steps and 20 minutes, so I encourage you to cook more than one and save the second for a salad the next day.

This recipe serves four. THERESA ALBERT

Ingredients

- 1 side of salmon
- 1 tsp of lemon pepper
- 1 tbsp butter
- 2 cloves garlic, peeled and sliced

1. Sprinkle lemon pepper and spoon butter over salmon laid on a large piece of foil. Top the fish with garlic and wrap tightly into a packet.

2. Place fish on the barbecue and bake for 20 minutes with lid down. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. FIND HER AT MYFRIENDINFOOD.COM

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De-cluttering your work zone can re-energize your work zeal

A life less messy.
Is your productivity being compromised by chaotic surroundings?

SEPTEMBRE ANDERSON
life@metronews.ca

When Tracey Thomson speaks about how her home office used to make her feel, she uses words like "pressured" and "worry." A filing system that just wasn't working made for a cluttered workspace that was "bulging with stuff," she says.

"I needed an organization renovation," says Thomson, co-founder of TRUTHPLANE, a communication skills training company she runs out of her home.

And Thomson is not alone.

A 2010 survey conducted by Brother International Corporation looked at the cost of workplace disorganization. The study found that American employees lost about 38 hours a year, per employee looking for misplaced items. The price tag? Over $89 billion US lost a year.

Catherine Desjeunes, owner of the Witty Office, likens working in a chaotic space to trying to get things done on a computer that crashes every five minutes.

Does this scene look familiar? If so, it may be time to settle on a filing system. ISTOCK

"After a while you're not concentrating," said Desjeunes. "You can't even be relaxed when you're working."

Thomson found that the solution to her cluttered office and increased stress was to call in the troops. She brought in professional organizer Peg Bradshaw, founder of The Organized Office and director of finance of the Professional Organizers in Canada Board, to help her get things on track.

"Since she's been in, our business has, in fact, increased," said Thomson. "She's enabled me to be more efficient with the way that I run the business, the way that I deal with my clients, the way that I instantly get to my accounts with the latest information."

"I was a residential organizer and became more and more interested in office organizing because I could see that there was a distinct energy to an organized office," said Bradshaw.

"It was about people being free to focus on their revenue-producing tasks rather than fooling around with files and being distracted by things that weren't making any money but were taking up too much time."

This need for order includes what is on our computers, too.

"We fool ourselves into thinking that we don't really have to be organized electronically because you can search everything," said Bradshaw. "But the reality is that it takes a long time to do that search. Every time you spend 30 or 60 seconds searching for a document, that's time out of your life."

An organized office is a space in which workers can be both happy and productive.

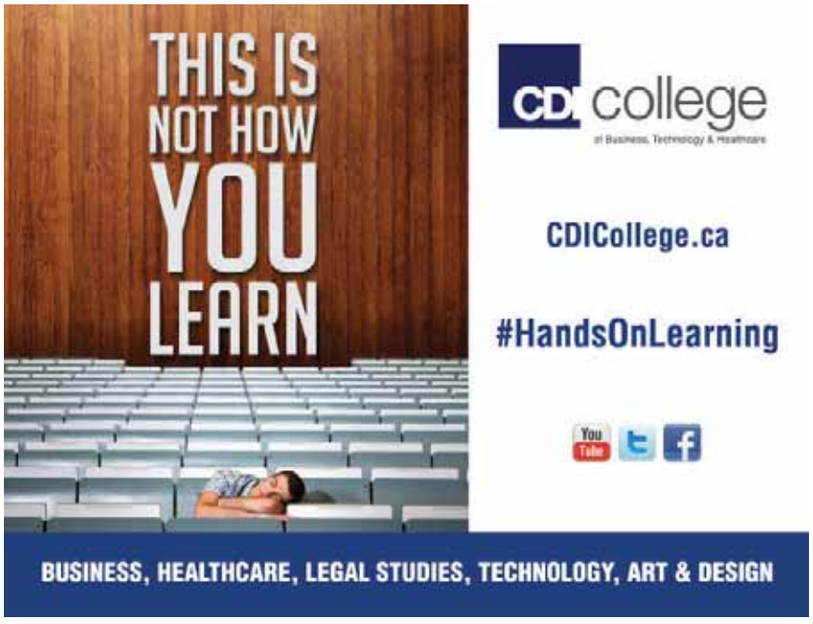
"It's about time management, it's about your physical space, it's about your emotional attitudes towards things," said Bradshaw.

Dealing with a desk disaster in three steps

- **Edit.** It is time to purge. "You're going to get rid of anything that you don't need anymore," says Peg Bradshaw, professional organizer and owner of The Organized Office.
- **Classify.** Sort the remaining things by kind. Receipts in one file, contracts in another. "It's like sorting buttons, but of course at a more advanced level," says Bradshaw.
- **Workflow.** Think of your desk as the command centre of your office. Make sure you have the 20 things you touch the most within arm's reach. "You want to assess the furniture, the lighting, the equipment, where the electrical outlets are to make the workplace as ergonomically comfortable as possible," says Bradshaw.

Compu-clean

"Every time you spend 30 or 60 seconds searching for a document, that's time out of your life."
Peg Bradshaw
Founder of The Organized Office



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In the business of changing minds

Tranquility through tech. Harness the power of your brain with this new wearable device

TAKARA SMALL
Metro News in Toronto
@takarasmall

Toronto-based company InteraXon is hoping to help people change how their brains work with their latest product called Muse. CONTRIBUTED

If Ariel Garten, co-creator of a brain-sensing headband called Muse, has her way, the future of wearable technology will focus on keeping your brain in shape, rather than your body.

InteraXon, the company she and her partner Trevor Coleman founded in 2007, concentrates on making products that tap into the power of the brain. Their latest offering aims to ease stress with a push of a button.

Their slick headband Muse fits snugly on one's head and uses electrical signals to track stress levels by reading brainwaves in real time.

Coupled with an app called Calm, the headband lets users train their minds to focus on tasks during daily three-minute sessions.

"It's like a fitness tool for your brain," says Garten.

The inspiration for Muse came from feedback Garten got in her early years working in the technology scene.

"My background is in neuroscience, so I've been working in brain-sensing technology for over a decade," she says.

"Back then we were doing crazy stuff like letting people control things with their mind, but we noticed that when we started talking to people we were hearing things like 'I just want to be less stressed out' and knew that's where we should be working."

The irony behind founding a company that uses technology to help an individual relieve stress isn't lost on Garten.

Login your noggin

Go to metronews.ca/mom-and-pop-shops to learn more about how wearable technology is changing the way humans interact with others.

Often technology is blamed for much of the stress people experience in their daily lives, but she says this device will help reverse that problem and as a result bring about more happiness.

"It's kind of like going to a yoga class. It helps you connect with yourself," says Garten. "Technology can help us, just as much as it can distract us," she says.

The working science behind the invention is quite easy to understand, says Coleman.

It's similar to signals emitted from heart monitoring devices.

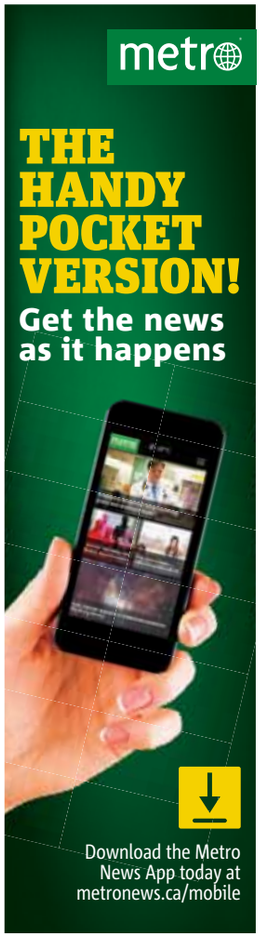
"Inside those brain signals there are different frequency bands, which are kind of like radio stations you can tune in to — 99.9 or 102.1 — and tune in and get different music," he says. "It's the same sort of thing in your brain — there are some frequency bands that correlate to different brain states such as stress."

As a leader of one of Canada's few wearable tech firms, it's no surprise that Garten's gender is often remarked upon in interviews.

When asked about the role of women in technology, Garten is quick to point out how much things have changed in the last few years.

"Four or five years ago it would be a common question (to ask about my role as a woman in tech). It's a question I've been hearing less and less because it's becoming more acceptable that women will be in tech.

"It's important for women to be involved in making and consuming because they contribute to technology that we — men and women — use and need in our daily lives," she says.



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MLS

Toronto FC lose striker Defoe for 2-3 weeks with groin strain

Toronto FC will be without star striker Jermain Defoe for two-to-three weeks.

The team announced Monday that scans revealed Defoe suffered a groin strain that he likely sustained last week against D.C. United.

Defoe, the team's leading goal scorer with 11 so far this season, will miss Wednesday's Major League Soccer All-Star Game in Portland, Ore. Defoe already sat out Toronto's 2-0 victory over Montreal on Saturday.

Toronto next plays the Crew in Columbus on Saturday. THE CANADIAN PRESS

Jermain Defoe TORSTAR NEWS SERVICE

CFL

Als look to Garcia to get reno offence

The Montreal Alouettes have added a big name to their coaching staff in an effort to revive their offence.

The team announced Monday that former CFL and NFL QB Jeff Garcia has joined the organization.

THE CANADIAN PRESS

UFC

Jones, Cormier get started early

Light-heavyweight champion Jon 'Bones' Jones and challenger Daniel 'DC' Cormier scuffled Monday in Las Vegas at a news conference to publicize their UFC 178 showdown, falling off the stage after coming to blows. THE CANADIAN PRESS

Rising ahead of Rogers Cup

Tennis. Pospisil has some catching up to do in catching fellow Canadian Raonic

Before Milos Raonic and Vasek Pospisil were born, a generation of Swedes led by Stefan Edberg, Bjorn Borg and Mats Wilander swept the tennis world.

Now it might be Raonic and Pospisil's turn to do the same as Canadians.

"I think there's a chance now with the guys in Canada here that they can do the same journey," Edberg said. "It should be a very exciting time for Canadian tennis going forward now."

Considering Raonic beating Pospisil Sunday in the Citi Open was the first all-Canadian final in the history of the men's tour, this journey is just getting started.

Pospisil, who will face Richard Gasquet in the first round of the Rogers Cup on Tuesday at York University, is ranked 27th in the world after reaching his first ATP final. Raonic is back up to his career high of sixth after winning his sixth title.

Pospisil faces an early challenge at the Rogers Cup in the 12th-seeded Gasquet, whom he beat in the Citi Open semi-finals. Pospisil used Monday to catch his breath.

"I'm a little bit tired but I won't be tomorrow, just today," Pospisil said. "I didn't get much sleep last night or the night before. So right now I'm not feeling great, but I know tomorrow I'll be fit."

Raonic is at the point where he's measuring himself against the likes of Novak Djokovic, Rafael Nadal and Roger Federer. Asked about his best matches of 2014, Raonic pointed to a loss to Djokovic as one of them.

It's unlikely Pospisil will look back at Sunday's 6-1, 6-4 drubbing from Raonic in the same way. Still, his first final represented an early career milestone.

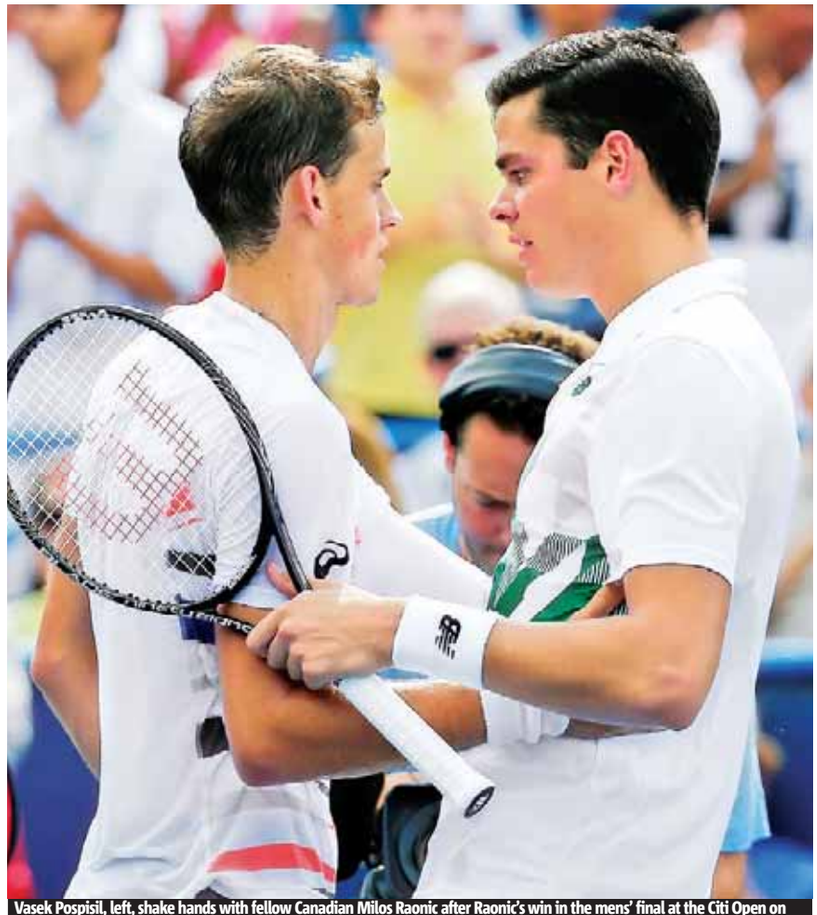
"I would have liked to have been on the winning end of that, obviously, but, yeah, it's another special moment for me because it was my first final," Pospisil said. "The fact that I was playing another Canadian, Milos, made it more special for sure, I think especially for tennis fans in Canada. But, yeah, I think it's more icing on the cake, I guess, for all the good results that we have been having these past few years in Canada."

THE CANADIAN PRESS

Growing together

"For me, just seeing him, growing up with him and beating him when we were younger just motivated me a little bit in feeling I could do it, too."

Vancouver's Vasek Pospisil, on facing Milos Raonic through the years



Vasek Pospisil, left, shake hands with fellow Canadian Milos Raonic after Raonic's win in the mens' final at the Citi Open on Sunday in Washington, D.C. Both return to action this week at the Rogers Cup in Toronto. ROB CARR/GETTY IMAGES

Local upstart falls to Cibulkova in Montreal

Dominika Cibulkova THE CANADIAN PRESS

Dominika Cibulkova found herself in more of a battle than was predicted with 17-year-old crowd favourite Francoise Abanda but pulled out a 6-1, 3-6, 6-0 victory on Monday night at the $2.44 million US women's Rogers Cup in Montreal.

The 10th-seeded Cibulkova advanced to a second-round meeting with Britain's top women's player Heather Watson, who edged Tereza Smitkova 6-4, 5-7, 6-4 in a battle of qualifiers.

Montreal native Abanda, ranked 209th in the world, had the crowd solidly on her side, and centre court was in a frenzy as the lanky junior used her strong ground strokes to force errors from 25-year-old Cibulkova.

The Slovak righted herself in the third set and sealed the victory with an ace.

American qualifier Shelby Rogers downed Ajla Tomljanovic 6-4, 7-6 (5) to set up a second-round meeting on Tuesday with the star attraction of this year's event, fifth-seeded Eugenie Bouchard of Westmount, Que.

"I think it will be fun," said Rogers, who beat Bouchard in three sets in a lower-level tournament in 2011 in Troy, Ala. "Obviously the crowd is going to be for her, and I'm the underdog. I think it's kind of a fun story."

THE CANADIAN PRESS

Canada kicks off U-20 Women's World Cup

Versus Ghana. Hosts to face scarcely seen African side in opener at BMO Field Tuesday

Centre back Kadeisha Buchanan
COOPER NEILL/GETTY IMAGES

There is only so much the Canadian team can do to prepare for its first opponent at the Under-20 Women's World Cup.

Like it is for many youth teams around the world, in-game video of the Ghana squad is rather limited. From what the Canadians have been able to glean from the footage they've seen, they're expecting a side with plenty of speed and a unique style in Tuesday's opener at BMO Field.

"Ghana is a very fast, physical team," said midfielder Jessie Fleming. "They have very technical forwards. They're definitely going to be difficult to play. They're unpredictable at times.

"So it's just a matter of sticking to our game plan and doing what we can to match that."

The Ghana team has trained in the Ontario capital ahead of the tournament. That has allowed the Canadians to gather some more information on their first Group A opponent.

"We've been a bit fortunate," said Canadian coach Andrew Olivieri. "They've been here in Toronto so we've had a couple of people that have been able to see them."

Canada will play Finland in another Group A game Friday in Toronto before heading to Montreal for an Aug. 12 game against North Korea.

Group B includes the U.S., Germany, China and Brazil. Group C is made up of England, Mexico, Nigeria and South Korea while Group D consists of Costa Rica, France, New Zealand and Paraguay. The tournament runs through Aug. 24 with Edmonton and Moncton as the other host cities.

The defending champion Americans are a tournament favourite along with Germany and North Korea.

The top two teams from each pool advance to the quarter-finals. Moncton and Montreal will host the semifinals and Montreal will stage the final and third-place match.

The Canadian side boasts six players who have played with the national senior team. They include Fleming, centre backs Kadeisha Buchanan and Rebecca Quinn, fullback Sura Yekka, midfielder Ashley Lawrence and forward Nichelle Prince.

That experience will be needed for a side that Olivieri said is the youngest team that Canada has fielded since the inaugural edition of the tournament in 2002. Defender Kinley McNicoll will serve as captain and Kailen Sheridan is the No. 1 goalie.

Canada is coming off a disappointing 1-2-0 performance in the 2012 event while Ghana dropped all three of its matches. Neither side advanced out of the group stage.

Canada should get a boost from what is expected to be a lively crowd at the lakefront stadium, which is also the home field for Toronto FC of Major League Soccer.

THE CANADIAN PRESS

Badminton gold, that is

Michelle Li won gold in women's singles badminton at the Commonwealth Games, Sunday in Glasgow, Scotland. Scan the image with your Metro News app to view a gallery of the closing ceremony. ALEX LIVESEY/GETTY IMAGES

NFL

Manziel gets a chance as starter

Browns' rookie Johnny Manziel took snaps with Cleveland's starters for the first time in practice at training camp on Monday, moving ahead of Brian Hoyer for at least one day.

Coach Mike Pettine said Manziel's promotion was simply the next step in the club's evaluation of the two quarterbacks in the second full week of their competition for the starting job.

"It's just part of our plan," Pettine said. "We said we were going to allow the quarterbacks to compete."

THE ASSOCIATED PRESS

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AUGMENTED REALITY

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Even if you are one of those rare Aries who tend to see the glass as half empty rather than half full you will be positive in everything you do over the next 24 hours.

♉ Taurus
April 21 - May 21
Why are you acting as if you have no choice in what you are expected to do? You always have a choice. Take responsibility.

♊ Gemini
May 22 - June 21
Everything, and everyone, has a light side and a dark side. Make it your aim to encourage the light side today.

♋ Cancer
June 22 - July 23
You will know in a flash what it is you have to do. After that it is up to you: You can accept the challenge and be special, or you can reject it and be mediocre like so many others.

♌ Leo
July 24 - Aug. 23
Today's cosmic influences will help you to view the world with eyes that see deeper and farther than most other people. What you discover will astound and delight you.

♍ Virgo
Aug. 24 - Sept. 23
There may be an element of risk in what you are planning to do but that won't worry you. The closer you are to the edge the more alive you feel.

♎ Libra
Sept. 24 - Oct. 23
If your instincts tell you to go for something you must not hesitate for even a moment. There is glory at stake and you must not let it pass you by.

♏ Scorpio
Oct. 24 - Nov. 22
Authority figures will be impressed by your ability not only to get things done but to get along with a wide range of people while doing it.

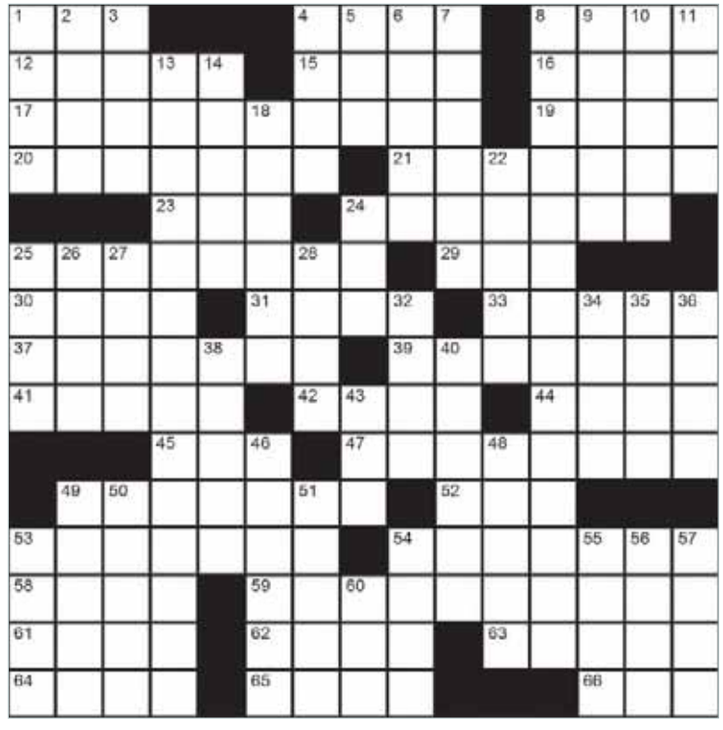
♐ Sagittarius
Nov. 23 - Dec. 21
You can and you must do something out of the ordinary. Whatever you do it will be a huge success, so what are you waiting for?

♑ Capricorn
Dec. 22 - Jan. 20
You are more likely to find answers to your problems if you if you get creative. Get some input from loved ones and relatives, too. You don't have to do it all on your own.

♒ Aquarius
Jan. 21 - Feb. 19
Fate will point you in a new direction over the next few days and if you are wise you will go with the flow. The powers that be will always protect you.

♓ Pisces
Feb. 20 - March 20
The current cosmic picture makes it easy for you to boost your status and your earning power, but it won't just happen as if by magic — the effort must come from you.

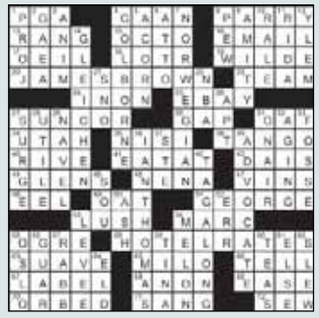
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mount Royal's li'l locale
4. Spaghetti sauce brand
8. Throw
12. "Don't mind __ __!"
15. Rosey __ (Global News anchor)
16. Italian harp
17. 1970 Anne Hebert novel that shares the name of the Quebec village where it is set
19. Paths, puny-ly
20. Warned
21. "2001: A Space Odyssey" (1968) director Stanley
23. Pas' partners
24. The __ (British band with a 1967 hit sharing #8-Down's first name)
25. 100th Anniversary of 1914 start of this World conflict: 2 wds.
29. Freelancer's encl.
30. Garner
31. Approximation
33. Cereal company
37. Best example
39. Canadian Forces base community in Southern Ontario
41. __ off (fend/fight)
42. Alaskan city
44. "Glee" actress Ms. Rivera
45. 'Lact' suffix
47. NS: Cape Breton Highlands hiking-to-spot, __ Cove
49. Dire Straits' "__ of Swing"
52. will._.__
53. Earnest
54. Does workshop updating
58. Peruvian empire
59. Vintage-clothes-buying venue: 2 wds.
61. Human/goat forest deity
62. Angry cat sound
63. Composition
64. Jackson 5 member
65. Dilbert comics intern
66. Switch selections

Down
1. "Grace Kelly" singer
2. Non-stick frying pan
3. Green fruit
4. Canadian skiing legend Ken
5. Magazine pages, e.g.
6. Michael Douglas' "Wall Street" (1987) role, Gordon __
7. Moving day trucks
8. Burnaby, BC born actress of 'Matrix' movies: 2 wds.
9. "Glee" character
10. Eyeglasses, fun-style
11. Chore
13. Mount Edziza in BC, for one: 2 wds.
14. Lash __ __ (Chide)
18. Cross the pool again
22. Canadian dancer/singer Mr. McGrath
24. Charlemagne's realm [acronym]
25. Gollies
26. Transfixed
27. 'Ranch' suffix
28. Yemeni port
32. Prefix with 'sphere'
34. RBI, e.g.
35. Country's Mr. Axton
36. 'Tsar' suffix (Russian empresses)
38. West: Spanish
40. Alleviation
43. Photo __ (PR events)
46. Singer Ms. Kitt
48. Coffee serving
49. Bible: Mount __
50. __ diamonds
51. Grape soft drinks Radar liked on "M*A*S*H"
53. __ the flour
54. Hazard
55. Bjork hit: "It's __ __ Quiet"
56. Bank __
57. Donald Sutherland/Elliott Gould spoof flick, "_*_*_*_" (1974)
60. '70s record label

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2				9		1	3	5
					6			4
		3		2	8	7		
6				3	9	5		
		9	7	4				8
		7	6	8		4		
5			2					
1	8	4		5				6

Friday's Sudoku

9	5	4	3	8	2	7	1	6
8	3	7	1	6	4	5	9	2
2	6	1	7	9	5	4	8	3
4	7	5	6	2	9	1	3	8
3	2	8	5	4	1	6	7	9
6	1	9	8	3	7	2	5	4
5	4	3	9	7	6	8	2	1
1	9	6	2	5	8	3	4	7
7	8	2	4	1	3	9	6	5

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